

# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Lutein + zeaxanthin (µg)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: October 23, 2015 12:29 EDT

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	25606
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	25606
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	23720
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	23720
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	22630
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	20409
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	20409
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	20354
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	20354
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	19736
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	19541
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	19276
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	19276
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	18527
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	18527
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	15537
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	15537
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	14906
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	14906
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	14560
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	13860
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	12154
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	12154
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	11774
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	11774
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	11343
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	11343
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	10812

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	10008
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	10008
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	9770
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	9616
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	9491
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	7486
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	7327
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	7327
11568	Turnip greens, raw	55.0	1.0 cup, chopped	7054
11203	Cress, garden, raw	50.0	1.0 cup	6250
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	5152
11658	Spinach souffle	136.0	1.0 cup	4419
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	4276
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	4186
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	4186
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	4149
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	4149
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	4048
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	4048
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	4005
11147	Chard, swiss, raw	36.0	1.0 cup	3960
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	3718
11457	Spinach, raw	30.0	1.0 cup	3659
11304	Peas, green, raw	145.0	1.0 cup	3592
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	3571
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	3571
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	3568
11952	Radicchio, raw	40.0	1.0 cup, shredded	3533
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	3467
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	3467
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	3343
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	3343
11297	Parsley, fresh	60.0	1.0 cup chopped	3337
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	3254
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	3152

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11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	3000
11152	Chicory greens, raw	29.0	1.0 cup, chopped	2987
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	2901
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	2901
42279	Babyfood, peas and brown rice	230.0	1.0 cup	2900
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	2883
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	2883
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	2728
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	2635
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	2619
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	2619
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	2556
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	2556
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	2541
11212	Edamame, frozen, prepared	155.0	1.0 cup	2509
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	2484
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	2484
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	2429
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	2429
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	2401
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	2389
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	2389
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	2362
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	2304
11973	Beans, fava, in pod, raw	126.0	1.0 cup	2282
20014	Corn grain, yellow	166.0	1.0 cup	2249
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	2194
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	2194
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	2166
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	2164
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	2164
11270	Mustard greens, raw	56.0	1.0 cup, chopped	2089
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2086
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	2083
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	2070

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11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	2046
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	2033
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	2015
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	2015
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	1997
20126	Spaghetti, spinach, dry	57.0	2.0 oz	1988
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1983
11591	Watercress, raw	34.0	1.0 cup, chopped	1961
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1920
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	1920
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	1747
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	1740
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	1707
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	1691
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	1664
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	1664
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	1653
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	1641
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	1641
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	1585
11161	Collards, raw	36.0	1.0 cup, chopped	1556
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	1538
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	1530
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	1530
11015	Asparagus, canned, drained solids	242.0	1.0 cup	1525
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	1520
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	1520
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	1481
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	1480
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	1449
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	1431
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	1429
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	1429
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1427
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1427

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11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	1406
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	1406
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	1401
11098	Brussels sprouts, raw	88.0	1.0 cup	1399
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	1383
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	1378
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	1365
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	1312
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	1284
11090	Broccoli, raw	91.0	1.0 cup chopped	1277
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	1265
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	1262
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1259
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	1240
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	1240
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	1230
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	1204
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	1183
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	1148
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	1147
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	1147
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	1140
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	1138
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	1137
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	1129
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	1123
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	1123
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	1112
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	1112
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	1096
11656	Corn pudding, home prepared	250.0	1.0 cup	1090
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1087
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	1035
20015	Corn bran, crude	76.0	1.0 cup	1030
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	1015

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11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	1007
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	987
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	987
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	958
11011	Asparagus, raw	134.0	1.0 cup	951
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	934
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	926
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	914
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	898
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	897
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	894
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	894
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	890
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	890
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	876
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	872
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	872
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	842
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	842
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	830
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	811
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	811
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	806
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	806
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	806
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	804
11969	Broccoli, chinese, cooked	88.0	1.0 cup	803
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	802
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	801
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	801
11655	Carrot juice, canned	236.0	1.0 cup	786
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	782
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	782
11683	Carrot, dehydrated	74.0	1.0 cup	778
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	775

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11955	Tomatoes, sun-dried	54.0	1.0 cup	766
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	761
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	761
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	761
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	760
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	760
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	759
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	745
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	745
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	734
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	734
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	726
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	725
01133	Egg, whole, dried	85.0	1.0 cup, sifted	710
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	706
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	703
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	701
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	698
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	696
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	694
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	694
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	693
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	692
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	692
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	686
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	676
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	673
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	673
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	670
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	662
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	662
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	653
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	642
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	640
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	637

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01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	636
09038	Avocados, raw, California	230.0	1.0 cup, pureed	623
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	623
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	612
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	611
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	610
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	603
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	601
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	600
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	594
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	582
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	581
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	581
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	580
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	580
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	580
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	576
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	575
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	571
11086	Beet greens, raw	38.0	1.0 cup	571
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	567
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	567
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	564
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	564
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	560
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	559
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	557
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	557
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	544
11520	Taro leaves, raw	28.0	1.0 cup	541
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	534
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	530
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	528
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	525
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	515



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	512
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	509
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	508
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	504
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	503
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	500
36019	APPLEBEE'S, chili	136.0	1.0 cup	499
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	499
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	494
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	494
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	492
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	492
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	483
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	480
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	468
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	466
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	464
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	462
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	459
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	459
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	459
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	458
11096	Broccoli raab, raw	40.0	1.0 cup chopped	448
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	448
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	445
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	443
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	443
02028	Spices, paprika	2.3	1.0 tsp	436
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	436
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	436
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	431
20072	Wheat, hard red winter	192.0	1.0 cup	422
20074	Wheat, hard white	192.0	1.0 cup	422
20071	Wheat, hard red spring	192.0	1.0 cup	422

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	421
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	421
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	419
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	416
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	413
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	411
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	411
09221	Tangerine juice, raw	247.0	1.0 cup	410
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	406
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	406
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	403
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	399
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	393
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	392
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	390
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	386
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	386
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	386
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	385
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	384
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	383
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	379
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	371
20075	Wheat, soft white	168.0	1.0 cup	370
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	368
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	365
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	362
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	359
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	359
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	358
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	357
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	357
20062	Rye grain	169.0	1.0 cup	355

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20088	Wild rice, raw	160.0	1.0 cup	352
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	351
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	349
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	345
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	345
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	343
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	342
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	340
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	338
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	332
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	330
11124	Carrots, raw	128.0	1.0 cup chopped	328
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	326
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	324
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	324
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	321
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	321
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	320
20005	Barley, pearled, raw	200.0	1.0 cup	320
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	320
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	319
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	319
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	315
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	312
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	312
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	308
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	308
20012	Bulgur, dry	140.0	1.0 cup	308
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	307
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	307
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	306
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	304
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	304
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	303
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	299

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	298
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	298
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	295
20004	Barley, hulled	184.0	1.0 cup	294
20140	Spelt, uncooked	174.0	1.0 cup	294
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	293
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	293
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	286
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	286
11143	Celery, raw	101.0	1.0 cup chopped	286
09206	Orange juice, raw	248.0	1.0 cup	285
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	282
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	280
11278	Okra, raw	100.0	1.0 cup	280
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	280
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	278
20035	Quinoa, uncooked	170.0	1.0 cup	277
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	275
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	274
16059	Chili with beans, canned	256.0	1.0 cup	274
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	272
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	272
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	271
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	271
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	270
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	269
20063	Rye flour, dark	128.0	1.0 cup	269
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	264
20080	Wheat flour, whole-grain	120.0	1.0 cup	264
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	261
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	261
20060	Rice bran, crude	118.0	1.0 cup	260
20131	Barley malt flour	162.0	1.0 cup	259
09144	Jackfruit, raw	165.0	1.0 cup, sliced	259
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	259

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	258
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	256
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	255
01123	Egg, whole, raw, fresh	50.0	1.0 large	252
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	251
01131	Egg, whole, cooked, poached	50.0	1.0 large	250
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	250
01128	Egg, whole, cooked, fried	46.0	1.0 large	250
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	249
11974	Grape leaves, raw	14.0	1.0 cup	245
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	243
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	242
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	241
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	240
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	239
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	237
20130	Barley flour or meal	148.0	1.0 cup	237
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	237
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	235
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	234
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	234
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	233
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	233
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	232
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	232
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	232
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	231
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	230
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	230
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	229
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	228
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	227
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	227
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	227
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	226

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	226
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	225
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	225
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	225
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	224
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	224
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	224
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	224
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	223
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	220
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	220
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	220
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	218
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	218
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	217
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	216
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	216
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	216
20065	Rye flour, light	102.0	1.0 cup	214
20064	Rye flour, medium	102.0	1.0 cup	214
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	213
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	213
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	213
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	211
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	209
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	209
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	208
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	208
09307	Rhubarb, raw	122.0	1.0 cup, diced	207
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	207
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	207
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	204
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	204
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	203
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	202

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	202
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	202
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	202
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	202
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	200
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	199
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	199
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	199
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	199
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	198
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	198
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	198
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	198
36027	DENNY'S, chicken strips	194.0	1.0 serving	198
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	197
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	196
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	196
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	196
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	195
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	195
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	195
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	195
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	194
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	193
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	192
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	192
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	191
11693	Tomatoes, crushed, canned	121.0	0.5 cup	191
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	190
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	190
09190	Mulberries, raw	140.0	1.0 cup	190
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	187
20132	Oat flour, partially debranned	104.0	1.0 cup	187
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	187

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	187
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	186
01125	Egg, yolk, raw, fresh	17.0	1.0 large	186
09191	Nectarines, raw	143.0	1.0 cup slices	186
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	186
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	186
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	185
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	185
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	184
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	184
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	183
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	182
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	182
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	182
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	180
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	180
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	179
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	178
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	178
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	178
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	177
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	176
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	176
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	174
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	173
43382	Cranberry juice, unsweetened	253.0	1.0 cup	172
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	172
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	170
09043	Blackberry juice, canned	250.0	1.0 cup	170
09042	Blackberries, raw	144.0	1.0 cup	170
20033	Oat bran, raw	94.0	1.0 cup	169
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	169
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	169
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	168



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	167
09302	Raspberries, raw	123.0	1.0 cup	167
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	167
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	167
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	167
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	167
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	166
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	165
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	164
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	164
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	164
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	163
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	162
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	161
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	161
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	160
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	160
11954	Tomatillos, raw	34.0	1.0 medium	159
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	159
11024	Balsam-pear (bitter melon), pods, raw	93.0	1.0 cup (1/2" pieces)	158
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	156
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	156
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	155
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	154
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	154
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	153
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	152
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	151
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	150
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	149
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	149
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	148
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	148
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	148
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	148

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	148
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	146
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	146
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	146
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	146
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	146
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	146
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	146
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	146
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	146
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	145
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	144
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	144
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	144
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	144
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	144
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	144
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	144
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	142
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	142
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	142
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	141
02044	Basil, fresh	2.5	5.0 leaves	141
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	141
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	141
09236	Peaches, yellow, raw	154.0	1.0 cup slices	140
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	140
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	140
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	140
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	140
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	139
20077	Wheat bran, crude	58.0	1.0 cup	139
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	139
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	138

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09021	Apricots, raw	155.0	1.0 cup, halves	138
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	137
01057	Eggnog	254.0	1.0 cup	137
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	137
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	136
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	136
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	136
11981	Peppers, hungarian, raw	27.0	1.0 pepper	136
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	135
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	134
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	134
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	134
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	133
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	133
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	133
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	133
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	133
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	132
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	132
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	132
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	132
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	132
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	132
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	131
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	131
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	131
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	130
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	130
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	130
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	129
09226	Papayas, raw	145.0	1.0 cup 1" pieces	129
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	128
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	128
20142	Teff, uncooked	193.0	1.0 cup	127
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	127

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	127
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	126
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	125
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	125
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	125
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	124
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	124
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	124
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	123
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	123
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	123
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	123
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	122
20032	Millet, cooked	174.0	1.0 cup	122
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	121
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	121
09279	Plums, raw	165.0	1.0 cup, sliced	120
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	120
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	120
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	119
09050	Blueberries, raw	148.0	1.0 cup	118
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	118
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	118
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	118
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	118
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	117
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	117
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	117
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	117
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	117
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	116
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	116
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	116
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	116
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	116

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	116
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	115
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	114
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	114
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	114
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	113
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	113
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	113
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	113
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	113
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	112
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	112
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	112
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	112
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	111
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	111
09087	Dates, deglet noor	147.0	1.0 cup, chopped	110
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	110
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	110
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	110
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	109
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	109
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	109
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	109
36036	Restaurant, family style, onion rings	259.0	1.0 serving	109
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	109
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	108
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	108
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	108
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	108
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	108
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	108
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	107
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	107
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	107

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	106
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	105
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	105
20089	Wild rice, cooked	164.0	1.0 cup	105
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	105
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	104
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	104
22973	Corn dogs, frozen, prepared	78.0	1.0 corn dog	103
09294	Prune juice, canned	256.0	1.0 cup	102
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	102
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	102
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	102
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	102
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	102
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	102
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	101
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	101
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	101
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	101
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	101
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	101
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	100
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	100
09078	Cranberries, raw	110.0	1.0 cup, chopped	100
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	99
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	99
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	99
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	99
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	99
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	99
20013	Bulgur, cooked	182.0	1.0 cup	98
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	98
20137	Quinoa, cooked	185.0	1.0 cup	98
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	98
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	98

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	97
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	97
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	96
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	96
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	96
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	96
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	96
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	95
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	95
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	95
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	95
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	95
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	93
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	93
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	92
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	92
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	91
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	91
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	91
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	90
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	90
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	90
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	90
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	89
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	89
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	89
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	88
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	88
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	88
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	88
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	88
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	88
20006	Barley, pearled, cooked	157.0	1.0 cup	88
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	88
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	87

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	87
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	87
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	87
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	86
18968	Bagels, wheat	98.0	1.0 bagel	86
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	86
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	86
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	86
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	86
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	85
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	85
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	85
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	84
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	84
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	84
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	84
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	84
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	84
09163	Blueberries, dried, sweetened	40.0	0.25 cup	83
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	83
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	83
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	83
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	82
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	82
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	82
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	82
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	82
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	82
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	81
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	81
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	81
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	80
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	79
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	79
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	79



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	79
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	79
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	78
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	78
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	77
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	77
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	77
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	77
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	76
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	76
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	76
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	76
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	76
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	76
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	76
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	75
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	75
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	75
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	75
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	75
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	74
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	74
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	74
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	74
11118	Cabbage, kimchi	150.0	1.0 cup	74
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	73
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	73
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	73
36031	DENNY'S, onion rings	166.0	1.0 serving	73
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	73
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	72
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	72
42270	Beverages, Orange juice drink	249.0	1.0 cup	72
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	72
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	71

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	71
11959	Arugula, raw	2.0	1.0 leaf	71
36028	DENNY'S, coleslaw	91.0	1.0 serving	71
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	71
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	70
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	70
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	70
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	70
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	69
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	69
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	69
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	68
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	68
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	67
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	67
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	67
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	67
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	67
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	67
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	67
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	67
09413	Pears, raw, red anjou	126.0	1.0 small	67
11941	Pickles, cucumber, sour	155.0	1.0 cup	67
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	67
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	66
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	66
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	66
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	66
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	66
09334	Feijoa, raw	243.0	1.0 cup, pureed	66
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	66
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	66
28322	Bagels, multigrain	81.0	1.0 piece bagel	65
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	65
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	65

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	64
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	64
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	64
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	63
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	63
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	63
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	63
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	63
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	63
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	63
09229	Papaya nectar, canned	250.0	1.0 cup	62
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	62
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	62
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	62
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	62
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	62
09252	Pears, raw	140.0	1.0 cup, slices	62
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	61
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	61
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	61
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	61
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	61
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	61
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	61
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	61
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	61
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	61
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	60
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	60
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	60
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	60
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	60
11975	Grape leaves, canned	4.0	1.0 leaf	59
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	59
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	59

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43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	59
11549	Tomato products, canned, sauce	245.0	1.0 cup	59
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	59
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	59
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	58
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	58
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	58
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	58
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup ( 1 NLEA serving)	58
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	58
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	58
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	58
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	57
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	57
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	57
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	57
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	57
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	56
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	56
09278	Plantains, cooked	200.0	1.0 cup, mashed	56
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	56
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	55
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	55
09079	Cranberries, dried, sweetened	40.0	0.25 cup	55
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	55
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	55
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	55
20001	Amaranth grain, uncooked	193.0	1.0 cup	54
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	54
22971	Potato salad with egg	125.0	0.5 cup	54
19036	Snacks, popcorn, cakes	10.0	1.0 cake	54
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	54
11960	Carrots, baby, raw	15.0	1.0 large	54
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	54
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	54

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	53
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	53
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	53
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	53
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	53
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	53
09084	Currants, red and white, raw	112.0	1.0 cup	53
11292	Onions, young green, tops only	6.0	1.0 tbsp	51
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	51
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	51
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	51
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	51
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	51
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	51
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	51
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	50
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	50
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	50
18235	Crackers, whole-wheat	28.0	1.0 serving	50
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	50
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	50
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	50
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	50
20030	Hominy, canned, white	165.0	1.0 cup	50
09040	Bananas, raw	225.0	1.0 cup, mashed	50
09059	Breadfruit, raw	220.0	1.0 cup	48
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	48
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	48
03216	Babyfood, teething biscuits	28.35	1.0 oz	48
09094	Figs, dried, uncooked	149.0	1.0 cup	48
42316	Babyfood, carrots, toddler	28.35	1.0 oz	47
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	47
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	47
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	47
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	47

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	47
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	47
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	47
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	47
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	46
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	46
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	46
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	46
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	46
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	46
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	46
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	46
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	46
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	46
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	46
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	45
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	45
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	45
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	45
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	45
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	44
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	44
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	44
09277	Plantains, raw	148.0	1.0 cup, sliced	44
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	44
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	44
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	44
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	44
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	44
11943	Pimento, canned	12.0	1.0 tbsp	44
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	44
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	43
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	43
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	43
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	43

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	43
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	43
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	42
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	42
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	42
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	42
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	42
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	42
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	42
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	41
09002	Acerola juice, raw	242.0	1.0 cup	41
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	41
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	41
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	41
11945	Pickle relish, sweet	15.0	1.0 tbsp	41
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	41
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	41
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	40
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	40
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	40
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	40
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	40
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	40
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	40
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	40
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	40
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	40
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	40
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	40
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	40
09316	Strawberries, raw	152.0	1.0 cup, halves	40
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	40
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	40
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	39
20029	Couscous, cooked	157.0	1.0 cup, cooked	39

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	39
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	39
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	39
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	38
22911	Chili, no beans, canned entree	240.0	1.0 cup	38
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	38
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	38
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	38
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	38
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	38
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	38
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	38
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	38
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	38
09176	Mangos, raw	165.0	1.0 cup pieces	38
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	38
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	38
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	38
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	38
43144	Cabbage, mustard, salted	128.0	1.0 cup	37
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	37
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	37
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	37
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	37
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	37
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	37
09152	Lemon juice, raw	244.0	1.0 cup	37
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	37
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	36
19089	Ice creams, vanilla, rich	107.0	0.5 cup	36
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	36
09095	Figs, dried, stewed	259.0	1.0 cup	36
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	36
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	36
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	36



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	35
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	35
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	35
03172	Babyfood, juice, orange	31.2	1.0 fl oz	35
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	35
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	35
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	35
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	35
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	35
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	35
21509	BURGER KING, Onion Rings	91.0	1.0 small	35
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	34
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	34
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	34
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	34
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	34
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	34
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	34
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	34
16008	Beans, baked, canned, with franks	259.0	1.0 cup	34
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	34
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	34
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	34
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	33
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	33
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	33
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	33
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	33
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	33
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	33
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	33
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	33
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	33
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	32
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	32

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	32
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	32
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	32
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	32
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	32
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	32
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	32
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	32
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	32
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	32
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	32
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	31
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	31
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	31
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	31
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	30
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	30
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	30
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	30
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	30
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	30
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	30
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	30
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	30
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	30
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	30
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	30
11209	Eggplant, raw	82.0	1.0 cup, cubes	30
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	29
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	29
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	29
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	29
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	29
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	28
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	28

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	28
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	28
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	28
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	28
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	28
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	28
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	28
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	28
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	28
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	28
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	28
18216	Crackers, crispbread, rye	14.2	0.5 oz	28
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	28
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	27
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	27
11935	Catsup	17.0	1.0 tbsp	27
11949	Catsup, low sodium	17.0	1.0 tbsp	27
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	27
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	27
18265	English muffins, wheat, toasted	28.35	1.0 oz	27
11965	Cauliflower, green, raw	64.0	1.0 cup	27
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	27
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	27
11109	Cabbage, raw	89.0	1.0 cup, chopped	27
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	27
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	27
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	27
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	27
11435	Rutabagas, raw	140.0	1.0 cup, cubes	27
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	26
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	26
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	26
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	26
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	26
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	26

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18264	English muffins, wheat	28.35	1.0 oz	26
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	26
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	26
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	26
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	26
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	26
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	26
18266	English muffins, whole-wheat	28.35	1.0 oz	26
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	26
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	26
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	26
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	26
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	26
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	26
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	25
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	25
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	25
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	25
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	25
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	25
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	25
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	25
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	25
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	25
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	25
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	25
21401	Fast foods, chicken tenders	30.0	1.0 strip	25
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	25
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	25
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	25
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	25
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	25
09128	Grapefruit juice, white, raw	247.0	1.0 cup	25
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	25
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	25

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	25
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	25
09149	Kumquats, raw	19.0	1.0 fruit without refuse	25
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	25
43109	Pretzels, soft	143.0	1.0 large	24
25024	Pretzels, soft, unsalted	143.0	1.0 large	24
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	24
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	24
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	24
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	24
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	24
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	24
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	24
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	23
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	23
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	23
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	23
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	23
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	23
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	23
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	23
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	23
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	23
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	23
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	22
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	22
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	22
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	22
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	22
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	22
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	22
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	22
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	22
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	22
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	22

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	22
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	22
18043	Bread, protein (includes gluten)	28.35	1.0 oz	22
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	22
11215	Garlic, raw	136.0	1.0 cup	22
18972	Bread, cheese	48.0	1.0 slice	22
18236	Cracker meal	28.35	1.0 oz	22
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	21
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	21
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	21
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	21
18040	Bread, oatmeal, toasted	28.35	1.0 oz	21
18239	Croissants, butter	28.35	1.0 oz	21
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	21
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	21
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	21
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	21
03302	Babyfood, snack, GERBER GRADUATE YOGURT MELTS	7.0	1.0 serving	21
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	20
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	20
03215	Babyfood, pretzels	28.35	1.0 oz	20
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	20
18039	Bread, oatmeal	28.35	1.0 oz	20
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	20
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	20
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	20
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	20
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	20
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	20
18344	Rolls, dinner, egg	28.35	1.0 oz	20
18021	Bread, boston brown, canned	28.35	1.0 oz	20
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	20
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	20
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	20

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	20
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	20
09004	Apples, raw, without skin	110.0	1.0 cup slices	20
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	20
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	19
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	19
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	19
21238	McDONALD'S, french fries	71.0	1.0 small serving	19
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	19
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	19
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	19
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	19
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	19
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	19
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	19
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	19
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	19
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	19
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	19
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	19
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	19
12142	Nuts, pecans	109.0	1.0 cup, chopped	19
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	18
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	18
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	18
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	18
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	18
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	18
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	18
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	18
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	18
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	18
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	18
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	18
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	18

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	18
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	18
18147	Cheesecake commercially prepared	28.35	1.0 oz	18
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	17
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	17
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	17
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	17
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	17
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	17
21139	Fast foods, potato, mashed	242.0	1.0 cup	17
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	17
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	17
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	17
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	17
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	17
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	17
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	17
02034	Spices, poultry seasoning	1.5	1.0 tsp	17
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	16
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	16
18385	Bread, wheat germ, toasted	28.35	1.0 oz	16
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	16
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	16
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	16
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	16
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	16
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	16
18061	Bread, rye, toasted	28.35	1.0 oz	16
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	16
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	16
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	15
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	15
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	15
18060	Bread, rye	28.35	1.0 oz	15
18066	Bread, wheat bran	28.35	1.0 oz	15



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	15
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	15
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	15
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	15
06150	Sauce, barbecue	17.0	1.0 tbsp	15
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	15
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	15
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	15
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	15
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	15
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	15
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	15
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	15
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	15
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	15
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	15
18384	Bread, rice bran, toasted	28.35	1.0 oz	14
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	14
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	14
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	14
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	14
18065	Bread, wheat, toasted	28.35	1.0 oz	14
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	14
18349	Rolls, french	28.35	1.0 oz	14
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	14
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	14
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	14
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	14
18059	Bread, rice bran	28.35	1.0 oz	14
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	14
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	14
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	14
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	14
28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	14
18360	Taco shells, baked	12.9	1.0 shell	14

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	14
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	14
18038	Bread, oat bran, toasted	28.35	1.0 oz	14
18033	Bread, italian	28.35	1.0 oz	14
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	14
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	14
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	14
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	14
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	14
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	13
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	13
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	13
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	13
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	13
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	13
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	13
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	13
02038	Spices, sage, ground	0.7	1.0 tsp	13
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	13
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	13
18037	Bread, oat bran	28.35	1.0 oz	13
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	13
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	13
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	13
18044	Bread, pumpernickel	28.35	1.0 oz	13
18028	Bread, egg, toasted	28.35	1.0 oz	13
19400	Snacks, banana chips	28.35	1.0 oz	13
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	13
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	13
18027	Bread, egg	28.35	1.0 oz	13
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	13
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	13
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	13
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	13
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	13

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	13
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	13
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	13
18047	Bread, raisin, enriched	28.35	1.0 oz	12
18064	Bread, wheat	28.35	1.0 oz	12
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	12
18345	Rolls, dinner, oat bran	28.35	1.0 oz	12
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	12
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	12
09326	Watermelon, raw	154.0	1.0 cup, balls	12
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	12
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	12
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	12
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	12
18241	Croissants, cheese	28.35	1.0 oz	12
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	12
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	12
12147	Nuts, pine nuts, dried	135.0	1.0 cup	12
02029	Spices, parsley, dried	0.5	1.0 tsp	12
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	12
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	12
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	12
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	12
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	12
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	12
18354	Strudel, apple	28.35	1.0 oz	12
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	12
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	12
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	12
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	12
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	12
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	12
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	12
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	12
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	12

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11429	Radishes, raw	116.0	1.0 cup slices	12
19303	Marmalade, orange	20.0	1.0 tbsp	12
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	12
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	12
18428	Crackers, wheat, low salt	14.2	0.5 oz	12
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	12
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	11
02023	Spices, marjoram, dried	0.6	1.0 tsp	11
02024	Spices, mustard seed, ground	2.0	1.0 tsp	11
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	11
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	11
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	11
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	11
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	11
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	11
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	11
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	11
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	11
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	11
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	11
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	11
18245	Danish pastry, cheese	28.35	1.0 oz	11
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	11
18963	Garlic bread, frozen	43.0	1.0 slice presliced	11
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	11
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	11
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	11
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	11
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	11
01040	Cheese, swiss	132.0	1.0 cup, diced	11
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	11
18220	Crackers, melba toast, plain	14.2	0.5 oz	11
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	10
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	10

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18191	Cookies, raisin, soft-type	28.35	1.0 oz	10
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	10
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	10
02030	Spices, pepper, black	2.3	1.0 tsp, ground	10
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	10
28292	Crackers, multigrain	14.0	4.0 crackers	10
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	10
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	10
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	10
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	10
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	10
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	10
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	10
19367	Toppings, nuts in syrup	328.0	1.0 cup	10
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	10
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	10
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	10
11156	Chives, raw	3.0	1.0 tbsp chopped	10
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	10
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	10
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	10
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	10
09062	Cherimoya, raw	160.0	1.0 cup, pieces	10
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	10
02005	Spices, caraway seed	2.1	1.0 tsp	10
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	9
02014	Spices, cumin seed	2.1	1.0 tsp, whole	9
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	9
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	9
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	9
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	9
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	9
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	9
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	9

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	9
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	9
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	9
18057	Bread, reduced-calorie, white	28.35	1.0 oz	9
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	9
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	9
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	9
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	9
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	9
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	9
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	9
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	9
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	9
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	9
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	9
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	9
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	9
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	9
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	9
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	9
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	9
19014	Snacks, fruit leather, rolls	21.0	1.0 large	9
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	8
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	8
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	8
02009	Spices, chili powder	2.7	1.0 tsp	8
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	8
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	8
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	8
06971	Sauce, worcestershire	17.0	1.0 tbsp	8
19312	Pie fillings, apple, canned	74.0	0.125 can	8
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	8
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	8
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	8

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	8
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	8
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	8
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	8
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	8
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	8
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	8
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	8
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	8
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	8
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	8
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	8
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	8
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	8
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	8
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	8
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	7
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	7
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	7
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	7
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	7
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	7
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	7
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	7
21268	TACO BELL, Nachos	80.0	1.0 serving	7
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	7
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	7
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	7
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	7
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	7
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	7
18967	Bread, white wheat	28.0	1.0 slice	7
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	7
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	7
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	7

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	7
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	7
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	7
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	7
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	7
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	7
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	7
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	7
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	7
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	7
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	7
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	7
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	7
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	6
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	6
11282	Onions, raw	160.0	1.0 cup, chopped	6
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	6
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	6
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	6
18243	Croutons, seasoned	14.2	0.5 oz	6
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	6
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	6
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	6
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	6
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	6
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	6
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	6
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	6
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	6
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	6
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	6
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	6
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	6
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	6
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	6



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	6
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	6
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	6
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	6
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	6
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	6
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	6
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	6
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	6
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	6
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	6
20316	Corn flour, whole-grain, white	117.0	1.0 cup	6
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	6
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	6
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	6
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	6
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	6
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	6
02010	Spices, cinnamon, ground	2.6	1.0 tsp	6
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	6
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	6
35239	Tortilla, blue corn, Sakwawikaviki (Hopi)	57.0	1.0 piece	6
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	6
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	6
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	6
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	6
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	6
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	6
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	6
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	6
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	6
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	6
09421	Dates, medjool	24.0	1.0 date, pitted	6
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	5
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	5

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18971	Bread, potato	32.0	1.0 slice	5
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	5
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	5
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	5
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	5
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	5
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	5
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	5
19081	Candies, sweet chocolate	28.35	1.0 oz	5
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	5
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	5
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	5
03166	Babyfood, juice, apple	31.7	1.0 fl oz	5
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	5
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	5
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	5
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	5
06167	Sauce, homemade, white, thick	250.0	1.0 cup	5
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	5
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	5
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	5
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	5
01239	Ice cream cookie sandwich	82.0	1.0 serving	5
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	5
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	5
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	5
18434	Crackers, cheese, low sodium	14.2	0.5 oz	5
18214	Crackers, cheese, regular	14.2	0.5 oz	5
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	5
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior	28.35	1.0 oz	5
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	5
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	5

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	5
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	5
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	5
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	5
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	5
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	5
19300	Jellies	21.0	1.0 serving 1 tbsp	5
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	5
25027	Snacks, plantain chips, salted	28.35	1.0 oz	5
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	5
03217	Zwieback	28.35	1.0 oz	5
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	4
28348	Rolls, dinner, sweet	30.0	1.0 roll	4
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	4
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	4
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	4
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	4
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	4
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	4
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	4
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	4
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	4
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	4
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	4
18323	Pie, peach	28.35	1.0 oz	4
25037	Snacks, pita chips, salted	28.35	1.0 oz	4
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	4
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	4
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	4
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	4
01238	Ice cream sandwich	70.0	1.0 serving	4
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	4
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	4
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	4

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	4
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	4
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	4
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	4
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	4
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	4
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	4
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	4
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	4
25046	Snacks, bagel chips, plain	28.35	1.0 oz	4
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	4
03190	Babyfood, cereal, oatmeal, with bananas, dry	2.5	1.0 tbsp	4
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	4
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	4
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	4
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	4
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	4
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	4
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	4
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	4
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	4
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	4
09129	Grapes, muscadine, raw	6.0	1.0 grape	4
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	4
19137	Toppings, strawberry	42.0	2.0 tbsp	4
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	4
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	4
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	4
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	4
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	4
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	4
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	4
18157	Cookies, chocolate wafers	28.35	1.0 oz	4
18283	Muffins, oat bran	28.35	1.0 oz	4

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	4
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	4
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	4
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	4
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	4
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	4
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	4
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	4
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	3
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	3
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	3
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	3
28351	Cookies, Marie biscuit	28.0	5.0 cookie	3
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	3
19018	Fruit syrup	334.0	1.0 cup	3
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	3
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	3
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	3
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	3
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	3
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	3
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	3
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	3
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	3
18338	Phyllo dough	28.35	1.0 oz	3
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	3
21129	Fast foods, hush puppies	22.0	1.0 piece	3
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	3
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	3
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3
43541	Ice creams, chocolate, rich	148.0	1.0 cup	3
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	3
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	3
19294	Fruit butters, apple	17.0	1.0 tbsp	3

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	3
27066	Sauce, horseradish	5.6	1.0 tsp	3
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	3
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	3
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	3
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior	28.35	1.0 oz	3
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	3
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	3
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	3
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	3
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	3
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	3
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	3
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	3
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	3
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	3
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	3
19080	Candies, semisweet chocolate	14.5	1.0 serving	3
21024	Fast foods, french toast sticks	65.0	3.0 pieces	3
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	3
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	3
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	3
18217	Crackers, matzo, plain	14.2	0.5 oz	3
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	3
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	3
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	3
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	3
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	3
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	3
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	3
03213	Babyfood, cookies	28.35	1.0 oz	3
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	3
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	3
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	3

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	3
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	3
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	3
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	3
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	3
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	3
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	3
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	3
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	3
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2
06165	Sauce, homemade, white, thin	250.0	1.0 cup	2
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	2
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	2
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	2
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	2
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	2
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	2
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	2
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	2
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	2
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	2
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	2
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	2
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	2
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	2
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	2
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	2
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	2
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	2
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	2
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	2
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	2
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	2

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	2
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	2
18223	Crackers, milk	14.2	0.5 oz	2
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	2
18319	Pie, fried pies, fruit	28.35	1.0 oz	2
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	2
18170	Cookies, fig bars	28.35	1.0 oz	2
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	2
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	2
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	2
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	2
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	2
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	2
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	2
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	2
18459	Breakfast tart, low fat	52.0	1.0 tart	2
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	2
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	2
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	2
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	2
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	2
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	2
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	2
25059	Snacks, brown rice chips	9.0	1.0 cake	2
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	2
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	2
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	2
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	2
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	2
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	2
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	2
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	2
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	2
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	2
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	2



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	2
19719	Jams and preserves, apricot	20.0	1.0 tbsp	2
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	2
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	2
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	2
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	2
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	2
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	2
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	2
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	2
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	2
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	2
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	2
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	2
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	2
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	2
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	2
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	2
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	2
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	2
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	2
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	2
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	2
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	2
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	2
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	2
11141	Celeriac, raw	156.0	1.0 cup	2
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	2
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	2
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	2
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	1
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	1
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	1
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	1
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	1
12061	Nuts, almonds	143.0	1.0 cup, whole	1
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	1
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	1
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	1
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	1
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	1
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	1
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	1
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	1
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	1
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	1
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	1
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	1
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	1
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	1
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	1
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	1
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	1
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	1
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	1
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	1
11285	Onions, canned, solids and liquids	63.0	1.0 onion	1
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	1
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	1
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	1
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	1
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	1
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	1
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	1
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	1
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	1
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	1
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	1
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	1
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	1
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	1
09156	Lemon peel, raw	6.0	1.0 tbsp	1
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	1
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	1
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	1
01017	Cheese, cream	14.5	1.0 tbsp	1
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	1
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	1
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	1
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	1
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	1
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	1
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	1
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	1
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	1
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	1
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	1
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	1
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	1
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	1
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	1
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	1
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	1
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	1
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	1
18171	Cookies, fortune	28.35	1.0 oz	1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	1
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	1
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	1
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	1
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	1
11677	Shallots, raw	10.0	1.0 tbsp chopped	1
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	1
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	1
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	1
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	1
19114	Ice creams, chocolate, light	68.0	1.0 serving	1
06957	Gravy, brown instant, dry	6.7	1.0 serving	1
06124	Gravy, pork, dry, powder	6.7	1.0 serving	1
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	1
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	1
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	1
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	1
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	1
27064	Wasabi	20.0	1.0 tablespoon	1
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	1
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	1
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	1
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	1
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	1
18172	Cookies, gingersnaps	28.35	1.0 oz	1
18177	Cookies, molasses	28.35	1.0 oz	1
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	1
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	1
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	1
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	1
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	1

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0
02055	Horseradish, prepared	5.0	1.0 tsp	0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0
01056	Cream, sour, cultured	12.0	1.0 tbsp	0
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0
12071	Nuts, almond paste	28.35	1.0 oz	0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0
16137	Hummus, home prepared	15.0	1.0 tablespoon	0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0
43046	Candies, nougat, with almonds	14.0	1.0 piece	0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01113	Whey, acid, dried	57.0	1.0 cup	0
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0
42161	Bologna, beef, low fat	28.0	1.0 slice	0
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	0
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0
01018	Cheese, edam	28.35	1.0 oz	0
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04574	Fat, duck	12.8	1.0 tbsp	0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05625	Emu, flat fillet, raw	85.0	3.0 oz	0
13350	Beef, cured, dried	28.0	10.0 slices	0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
02047	Salt, table	6.0	1.0 tsp	0
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0
19163	Chewing gum	3.0	1.0 stick	0
09085	Currants, zante, dried	144.0	1.0 cup	0
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
04002	Lard	12.8	1.0 tbsp	0
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0
16157	Chickpea flour (besan)	92.0	1.0 cup	0
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0
06963	Fish broth	244.0	1.0 cup	0
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0
01156	Cheese, goat, hard type	28.35	1.0 oz	0
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0
11518	Taro, raw	104.0	1.0 cup, sliced	0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19304	Molasses	337.0	1.0 cup	0
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0
16099	Peanut flour, defatted	60.0	1.0 cup	0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11667	Seaweed, spirulina, dried	112.0	1.0 cup	0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0
19524	Snacks, taro chips	28.35	1.0 oz	0
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
11080	Beets, raw	136.0	1.0 cup	0
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0
01173	Egg, white, dried	28.0	1.0 oz	0
07921	Bacon and beef sticks	28.0	1.0 oz	0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
02020	Spices, garlic powder	3.1	1.0 tsp	0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
09139	Guavas, common, raw	165.0	1.0 cup	0
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0
19030	Syrup, fruit flavored	20.0	1.0 serving	0
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07024	Frankfurter, chicken	85.0	3.0 oz	0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
02043	Spices, turmeric, ground	3.0	1.0 tsp	0
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0
01033	Cheese, parmesan, hard	28.35	1.0 oz	0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0
19107	Candies, hard	28.35	1.0 oz	0
09442	Pomegranate juice, bottled	249.0	1.0 cup	0
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04528	Oil, walnut	13.6	1.0 tbsp	0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
93600	Turtle, green, raw	85.0	3.0 oz	0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0
07050	Mortadella, beef, pork	28.35	1.0 oz	0
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0
11216	Ginger root, raw	2.0	1.0 tsp	0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01124	Egg, white, raw, fresh	33.0	1.0 large	0
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0
07068	Salami, cooked, beef	26.0	1.0 slice	0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0
20134	Rice noodles, cooked	176.0	1.0 cup	0
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0
07019	Chorizo, pork and beef	28.35	1.0 oz	0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0
11413	Potato flour	160.0	1.0 cup	0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
11601	Yam, raw	150.0	1.0 cup, cubes	0
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0
01144	Egg substitute, powder	9.9	0.35 oz	0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	0
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	0
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0
04517	Oil, grapeseed	13.6	1.0 tablespoon	0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0
15090	Fish, scup, raw	85.0	3.0 oz	0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11213	Endive, raw	25.0	0.5 cup, chopped	0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19334	Sugars, brown	3.0	1.0 tsp unpacked	0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0
16112	Miso	17.0	1.0 tbsp	0
01007	Cheese, camembert	28.35	1.0 oz	0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0
16055	Carob flour	103.0	1.0 cup	0
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	0
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0
04055	Oil, palm	13.6	1.0 tbsp	0
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04588	Oil, oat	13.6	1.0 tbsp	0
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0
15008	Fish, carp, raw	85.0	3.0 oz	0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43282	Quail, cooked, total edible	28.35	1.0 oz	0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	0
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	0
01004	Cheese, blue	28.35	1.0 oz	0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
19071	Candies, carob, unsweetened	28.35	1.0 oz	0
15110	Fish, swordfish, raw	85.0	3.0 oz	0
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0
07007	Bologna, beef	30.0	1.0 slice	0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	0
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0
19147	Candies, peanut bar	28.35	1.0 oz	0
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
19366	Toppings, pineapple	340.0	1.0 cup	0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0
01023	Cheese, gruyere	28.35	1.0 oz	0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0
09298	Raisins, seedless	165.0	1.0 cup, packed	0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
07031	Ham salad spread	15.0	1.0 tbsp	0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0
02053	Vinegar, distilled	14.9	1.0 tbsp	0
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0
04664	Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings	13.6	1.0 tbsp	0
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0
43483	Millet, puffed	21.0	1.0 cup	0
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0
15033	Fish, haddock, raw	85.0	3.0 oz	0
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
04532	Oil, hazelnut	13.6	1.0 tablespoon	0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01114	Whey, sweet, fluid	246.0	1.0 cup	0
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04037	Oil, rice bran	13.6	1.0 tablespoon	0
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0
01179	Sour cream, light	12.0	1.0 tablespoon	0
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0
01019	Cheese, feta	150.0	1.0 cup, crumbled	0
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04575	Fat, turkey	12.8	1.0 tbsp	0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0
16076	Lupins, mature seeds, raw	180.0	1.0 cup	0
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05626	Emu, full rump, raw	85.0	3.0 oz	0
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
07028	Ham, sliced, packaged (96% fat free, water added)	23.0	1.0 slice	0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0
02048	Vinegar, cider	14.9	1.0 tbsp	0
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19415	Snacks, potato sticks	28.35	1.0 oz	0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
02021	Spices, ginger, ground	1.8	1.0 tsp	0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0
19353	Syrups, maple	20.0	1.0 tbsp	0
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0
09143	Guava sauce, cooked	238.0	1.0 cup	0
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
07025	Frankfurter, turkey	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
11963	Nopales, raw	86.0	1.0 cup, sliced	0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	0
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0
01034	Cheese, port de salut	132.0	1.0 cup, diced	0
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0
11349	Poi	240.0	1.0 cup	0
19108	Candies, jellybeans	11.0	10.0 small	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
20068	Tapioca, pearl, dry	152.0	1.0 cup	0
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04529	Oil, almond	13.6	1.0 tablespoon	0
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0
43132	Meatballs, meatless	144.0	1.0 cup	0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
19340	Sugars, maple	3.0	1.0 tsp	0
21142	Fast food, biscuit	55.0	1.0 biscuit	0
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0
11564	Turnips, raw	130.0	1.0 cup, cubes	0
19349	Syrups, corn, dark	328.0	1.0 cup	0
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0
16117	Soy flour, defatted	105.0	1.0 cup	0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	0
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0
19896	Candies, REESE'S Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0
42040	Syrups, grenadine	20.0	1.0 tbsp	0
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0
43026	Syrups, sugar free	240.0	1.0 cup	0
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0
01030	Cheese, muenster	132.0	1.0 cup, diced	0
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0
09436	Mango nectar, canned	251.0	1.0 cup	0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0
07254	Turkey bacon, unprepared	14.0	1.0 serving	0
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19296	Honey	339.0	1.0 cup	0
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0
09164	Litchis, raw	190.0	1.0 cup	0
14555	Water, bottled, generic	29.6	1.0 fl oz	0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	0
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
90480	Syrup, Cane	21.0	1.0 serving	0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0
11446	Seaweed, laver, raw	26.0	10.0 sheets	0
01225	Dulce de Leche	19.0	1.0 tbsp	0
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0
07960	Bologna, chicken, pork	28.0	1.0 serving	0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
19335	Sugars, granulated	2.8	1.0 serving packet	0
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0
42289	Oil, corn and canola	14.0	1.0 tbsp	0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0
16113	Natto	175.0	1.0 cup	0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0
20027	Cornstarch	128.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	0
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	0
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0
07973	Turkey bacon, microwaved	8.1	1.0 slice	0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0
01072	Dessert topping, pressurized	70.0	1.0 cup	0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYN0-BITES	27.0	0.75 cup	0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
02033	Spices, poppy seed	2.8	1.0 tsp	0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0
09160	Lime juice, raw	242.0	1.0 cup	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0
16087	Peanuts, all types, raw	28.35	1.0 oz	0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0
05641	Ostrich, ground, raw	109.0	1.0 patty	0
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0
80200	Frog legs, raw	45.0	1.0 leg	0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0
43128	Chicken, meatless	168.0	1.0 cup	0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0
01005	Cheese, brick	132.0	1.0 cup, diced	0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04541	Oil, cupu assu	13.6	1.0 tablespoon	0
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	0
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04047	Oil, coconut	13.6	1.0 tbsp	0
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
01069	Cream substitute, powdered	94.0	1.0 cup	0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0
07008	Bologna, beef and pork	100.0	3.527 oz	0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0
17142	Veal, ground, raw	85.0	3.0 oz	0
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0
16129	Tofu, fried	28.35	1.0 oz	0
01024	Cheese, limburger	134.0	1.0 cup	0
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05630	Emu, outside drum, raw	85.0	3.0 oz	0
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0
02054	Capers, canned	8.6	1.0 tbsp, drained	0
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0
04666	Shortening, industrial, soy (partially hydrogenated ) and corn for frying	12.8	1.0 tbsp	0
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	0
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0
16104	Bacon, meatless	144.0	1.0 cup	0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
04534	Oil, babassu	13.6	1.0 tbsp	0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01115	Whey, sweet, dried	145.0	1.0 cup	0
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04038	Oil, wheat germ	4.5	1.0 tsp	0
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0
07005	Blood sausage	100.0	4.0 slices	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43146	Eggplant, pickled	136.0	1.0 cup	0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0
11240	Mushrooms, morel, raw	66.0	1.0 cup	0
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0
01180	Sour cream, fat free	12.0	1.0 tablespoon	0
07926	Salami, Italian, pork	28.0	1.0 oz	0
43543	Milk, imitation, non-soy	244.0	1.0 cup	0
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
02026	Spices, onion powder	2.4	1.0 tsp	0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0
01020	Cheese, fontina	132.0	1.0 cup, diced	0
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04582	Oil, canola	14.0	1.0 tbsp	0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0
07081	Turkey breast, sliced, prepackaged	15.0	1.0 slice	0
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0
01089	Milk, low sodium, fluid	244.0	1.0 cup	0
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	0
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03194	Babyfood, cereal, rice, dry fortified	2.5	1.0 tbsp	0
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0
02050	Vanilla extract	4.2	1.0 tsp	0
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0
07951	Scrapple, pork	17.0	1.0 cubic inch	0
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0
01038	Cheese, romano	28.35	1.0 oz	0
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0
01159	Cheese, goat, soft type	28.35	1.0 oz	0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0
43476	Tofu yogurt	262.0	1.0 cup	0
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0
07052	Pastrami, turkey	57.0	2.0 slices	0
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	0
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0
10898	Pork, pickled pork hocks	117.0	3.0 oz	0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0
19355	Syrups, sorghum	330.0	1.0 cup	0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0
16122	Soy protein isolate	28.35	1.0 oz	0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0
16069	Lentils, raw	192.0	1.0 cup	0
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07026	Ham, chopped, canned	28.35	1.0 oz	0
11964	Nopales, cooked, without salt	149.0	1.0 cup	0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	28.0	1.0 slice	0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04001	Fat, beef tallow	12.8	1.0 tbsp	0
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0
01035	Cheese, provolone	132.0	1.0 cup, diced	0
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
43060	Chewing gum, sugarless	2.0	1.0 piece	0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
11134	Cassava, raw	206.0	1.0 cup	0
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01112	Whey, acid, fluid	246.0	1.0 cup	0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0
43134	Vegetarian fillets	85.0	1.0 fillet	0
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
02015	Spices, curry powder	2.0	1.0 tsp	0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0
19350	Syrups, corn, light	341.0	1.0 cup	0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0
11298	Parsnips, raw	133.0	1.0 cup slices	0
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0
07070	Salami, cooked, turkey	28.0	1.0 serving	0
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	0
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05621	Emu, ground, raw	117.0	1.0 patty	0
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
07022	Frankfurter, beef, unheated	50.0	1.0 frankfurter	0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0
17164	Game meat, deer, raw	28.35	1.0 oz	0
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
07939	Frankfurter, pork	76.0	1.0 link	0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
04609	Animal fat, bacon grease	4.3	1.0 tsp	0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0
09437	Tamarind nectar, canned	251.0	1.0 cup	0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0
19297	Jams and preserves	20.0	1.0 tbsp	0
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0
43299	Soybean, curd cheese	225.0	1.0 cup	0
09165	Litchis, dried	2.5	1.0 fruit	0
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0
90560	Mollusks, snail, raw	85.0	3.0 oz	0
09315	Soursop, raw	225.0	1.0 cup, pulp	0
15094	Fish, shad, american, raw	85.0	3.0 oz	0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0
02011	Spices, cloves, ground	2.1	1.0 tsp	0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0
01011	Cheese, colby	132.0	1.0 cup, diced	0
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	0
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	0
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0
20133	Rice noodles, dry	57.0	2.0 oz	0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0
08510	Milk and cereal bar	25.0	1.0 bar	0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
19154	Candies, sesame crunch	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0
05311	Chicken, canned, no broth	28.0	1.0 oz	0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0
09434	Guanabana nectar, canned	251.0	1.0 cup	0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0
43406	Yeast extract spread	6.0	1.0 tsp	0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0
15014	Fish, cisco, smoked	28.35	1.0 oz	0
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0



NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0
04516	Oil, teaseed	13.6	1.0 tablespoon	0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0
17224	Lamb, ground, raw	28.35	1.0 oz	0
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
02007	Spices, celery seed	2.0	1.0 tsp	0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	0
01006	Cheese, brie	28.35	1.0 oz	0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	0
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
04542	Fat, chicken	12.8	1.0 tbsp	0
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0
07971	Bologna, meat and poultry	33.0	1.0 slice	0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0
01070	Dessert topping, powdered	43.0	1.5 oz	0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0
07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0
15062	Fish, pike, northern, raw	85.0	3.0 oz	0
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0
01025	Cheese, monterey	132.0	1.0 cup, diced	0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
01094	Milk, buttermilk, dried	30.0	0.25 cup	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0
05631	Emu, oyster, raw	85.0	3.0 oz	0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0
19041	Snacks, pork skins, plain	28.35	1.0 oz	0
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0
11976	Pepper, banana, raw	124.0	1.0 cup	0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0
43114	Vermicelli, made from soy	140.0	1.0 cup	0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0



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13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0
16107	Sausage, meatless	25.0	1.0 link	0
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0
04536	Oil, sheanut	13.6	1.0 tablespoon	0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
19070	Candies, butterscotch	28.35	1.0 oz	0
15109	Fish, surimi	28.35	1.0 oz	0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	0
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
11241	Kohlrabi, raw	135.0	1.0 cup	0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0
05305	Ground turkey, raw	453.6	1.0 lb	0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0
19365	Toppings, marshmallow cream	28.35	1.0 oz	0
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0
01022	Cheese, gouda	28.35	1.0 oz	0
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0
05628	Emu, inside drum, raw	85.0	3.0 oz	0
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0
07030	Ham, minced	28.35	1.0 oz	0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0
11432	Radishes, oriental, dried	116.0	1.0 cup	0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0
19419	Snacks, corn cakes	9.0	1.0 cake	0
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0
05335	Chicken, feet, boiled	28.35	1.0 oz	0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0
07911	Liverwurst spread	55.0	0.25 cup	0
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0
11527	Tomatoes, green, raw	180.0	1.0 cup	0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0

NDB_No	Description	Weight(g)	Measure	Lutein + zeaxanthin(µg) Per Measure
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0